

VIRGINIA'S NEW RIVER TRAIL CHALLENGE

SEPTEMBER 18, 2004 - 8 A.M.

PARTICIPANT INFORMATION

NOTE : FRIDAY NIGHT RACE PACKET-PICKUP WILL BE LOCATED AT FOSTER FALLS ALONG WITH THE CANOE DROP OFF BETWEEN 5:00-9:00PM

NEW RIVER TRAIL CHALLENGE RACE DIRECTIONS

To the Starting Line in Fries, Va. From I-77 take Exit 14 to Galax. Go west on U.S. 58 approximately 8 miles. Go past Wal-Mart on the right, go about ½ mile and take a right onto Hanes Road. Go about 1/4 mile and take a left at the stop sign onto Glendale Road. Go about 1 mile and make a right onto Cliffview Road. Stay on Cliffview Road which becomes Fries Road(721), and follow the road into Fries. The race headquarters will be below Fries Dam at the start of the New River Trail.

To the Finish Line and Bike/Canoe Transition at Foster Falls, From I-77, take Exit 24 go east on Route 69 to Route 52, go north to Route 608, go east and follow the State Park signs into the park at Foster Falls.

ALL PARTICIPANTS ARE REMINDED TO BE AT THE REQUIRED CHECK-INS BY THE TIMES LISTED BELOW FOR YOUR NEW RIVER TRAIL CHALLENGE TO BE COMPLETED SMOOTHLY. IF YOU FAIL TO BE AT THE AREAS DURING THE TIMES LISTED BUSES WILL NOT WAIT ON LATE PARTICIPANTS BEFORE LEAVING!

PRE-RACE PREPARATIONS

Team participants will be responsible for having a support crew either with their own teammates or another person to transport their racing equipment. Individuals may choose to have a support crew but gear and equipment shuttles will be provided to all individual participants if needed. Support crews must be aware that traffic in and out of Foster Falls will be slow due to the race and the Wythe Co. Heritage Festival that will be taking place within the Foster Falls park area. Please allow ample time for traveling to and from each area of the race to avoid any delays reaching destinations.

All canoes for both individual and team participants must be at Foster Falls, Va. section of the New River Trail State Park Friday night between 5:00- 9:00p.m. or Sat. morning by 6:00 a.m. at the lower boat launch area.

All individual participants must leave their vehicles at Foster Falls section of the New River Trail State Park. Participants and their bikes will be transported to the starting line at Fries, Va. The bus will leave at 6:00a.m. from Foster Falls all individual participants must arrive before this time.

Team runners are reminded that there **WILL NOT BE ANY PARKING** or spectator areas available at the Lone Ash Run/Run transition area for teams who have two runners participating. A shuttle will be available for all runners to and from Allisonia and Lone Ash run transition areas. Team runners must be at Foster Falls at 10:30 a.m. in the bike/canoe transition area of the lower boat launch to load the shuttle bus for the Allisonia and Lone Ash run transition.

A canoe shuttle for all canoes of individual participants will be available from Allisonia back to Foster Falls finish line area. If team participants choose to pick up canoes at Allisonia that is fine but a shuttle will be provided if needed.

The best spectator areas for viewing the race for family and friends will be the starting line area at Fries, Va. the Cliffview bike turn-around checkpoint (approx. mile 15 of the bike stage) the Foster Falls bike/canoes transition and the finish line at the amphitheater at Foster Falls. There is limited parking and spectator areas at the canoe/run transition at Allisonia.

Activities available for spectators, family, and participants will be the Fries Riverfest Festival 8:00 a.m. - 6:00 p.m. at the race starting line area. Wythe County Heritage Festival at Foster Falls between 11:00 a.m. - 6:00 p.m. Both festivals will have food and activities available to everyone.

STARTING LINE INFORMATION

Participants that have not registered Friday night must register at the tent adjacent to the starting line between 6:30a.m.- 7:30a.m. Riders must check in at the starting line no later than 7:45 a.m. A mandatory pre-race meeting for all riders prior to the start will take place at 7:45 a.m. at the starting line.

Individual participants wanting gear shuttled for them must bring a bag with a tag listing the racer name and transition to transport the bag - either Foster Falls or Allisonia transition areas.

A bike tune-up area will be available at the starting line for anyone needing help with last minute adjustments.

BIKE STAGE INFORMATION

Mile markers will be provided every 5 miles if you choose to check your times during the bike stage. Carry extra water bottles/snacks on the bike due to the length of the race. Aid-stations are available along the course if needed. Keep a spare tire repair kit and pump on the bike. Flat tires are a real possibility along the course due to the cinders/gravels/rocks.

Riders are required to provide and **WEAR** a safety helmet the entire ride. Race numbers must be visible on the back of the rider's jersey. Race numbers must also be displayed on the front of the

participant's bike. Riders must go through the Cliffview checkpoint during the ride. Failure to do so will result in disqualification of the individual or team.

Bikes can be any type of road racing or mountain bikes. The only restriction is bikes must be powered by the rider themselves. (No motorized versions of bikes are allowed) (Mountain bikes are a strong recommendation due to the uneven and rough surface of the New River Trail. The course is a cinder/gravel/rock surface the entire race.

Riders must obey all road-crossing signs. Vehicles always have the right of way at crossings use caution when approaching and crossing these areas. All bikers must go through the bike/canoe checkpoint at Foster Falls for each team and individual to be accounted for as they proceed.

CANOE STAGE INFORMATION

Team members must be at the transition area no later than 9:00 a.m. A mandatory pre-race meeting for all canoeists will take place at 9:30 a.m. All bikers must pass through the checkpoint at the transition area for the canoe stage of the competition for each team to be accounted for before they proceed.

Race numbers must be visible on the lifejacket or person. Race numbers must be also be visible on the side of competitors canoes.

All participants must provide and **WEAR** coast guard approved P.F.D. Type II (Personal Floatation Devices) while participating in the event. River rescue personnel will sweep behind the last canoe to assist anyone who may encounter problems during the race.

Any type of canoes can be used for competition except for the following restrictions. No Kayaks will be allowed or hybrid canoe/kayaks. The only size restrictions are that canoes must be at least 13 feet 6 inches and no longer than 18 feet 6 inches in length.

Only **1 person** will be allowed in each canoe to compete in the canoe stage of the team competition. Participants can choose to use either single or double-paddles.

It is highly recommended that canoeist carry an extra water bottle/snacks with them during the float especially if they are canoeing as individuals because of the extended length of the float. A water aid-station will be available below the Route 100 bridge during the canoe stage. Canoeist can also choose to take whatever fluid/snack they wish to bring with them for the float. Water/fluid bottles will be provided in the transition area.

RUN STAGE INFORMATION

The run stages for this year's race will be 7.2 miles from Allisonia to Lone Ash and 5.9 from Lone Ash to Foster Falls finish line. Team runners must be at the Foster Falls transition area no later than 10:30 a.m. for a shuttle to the transition area at Allisonia and Lone Ash. A mandatory pre-race meeting for all runners will take place at 11:00a.m. at Allisonia. Team runners competing on the second running leg of the team competition will be shuttle to their transition area at Lone Ash by 11:30a.m. Mile markers will be provided every mile if you choose to check your times during the run stage. All team runners must go through the checkpoint of each run transition area for each team to be accounted for as they proceed.

Runners may also choose to carry an extra water bottle with them during the run especially if they are running as individuals. Race aid-stations are available along the course if needed.

Race numbers must be visible on the front of the team runner's jersey. Runners must also obey all road-crossing signs. Vehicles always have the right of way at crossings, always use caution when approaching and crossing these areas.

RACE COURSE RESTROOMS & PORTA-JOHNS

BIKE STAGE

Starting Line Fries, Va., Fries Junction, Cliffview, Buck Dam , Ivanhoe Parking Lot, Indian Branch, Foster Falls

CANOE STAGE

Foster Falls Bike / Canoe Transition Area, Allisonia Canoe / Run Transition Area

RUN STAGE

Allisonia Canoe/Run Transition Area, Lone Ash - 7.2 miles, Foster Falls - 12 mile mark

WATER / FLUID AID STATIONS

Water aid stations will be available every 2.5 to 3 miles of the running stage.